

Brampton to Carlisle 10 Mile Road Race - 16th November 2011

The morning of Saturday 19th November was bright and breezy – a good day for running!

Ian and I arrived at Brampton in good time to register and I was quickly spotted by Andrew who was already in the hall – I was of course wearing my new Stocksfield Striders hoodie which I had picked up that morning. Andrew put his on and we both felt very proud to be wearing them.

We then met up with our son, Ross, and his girlfriend – Ross was running, Laura was shopping! Ian decided he would run with Ross as he is still injured and I would be too slow for him.

The run this year was chipped as it was a Championship event probably because it was the 60th time it had been run.

I started off at a reasonably fast pace as the first bit is downhill and I always get carried away with the start anyway. We went out onto the A69 but it was no problem, as the traffic was well controlled and after a couple of miles turned off onto nice flat country roads. It was very pleasant running along with the sun glinting through the hedges and passing farms etc. We came back onto the side of the A69 at about 8 miles and this was the only part of the race I really didn't like, as although we were on a path the cars were flying past.

The rest of the race passed through more built up areas on the way into the Sands Centre in Carlisle where it finished. The final section was good as it was downhill and I manage to put in a bit of a sprint (well sprint for me!) finish.

I was rewarded with a very nice t-shirt and a drink of water! Fortunately some enterprising young people had a cake stand to raise money for Children in Need so Laura went and bought some chocolaty things which went down a treat.

All in all a good day and a PB for me 82 minutes 55 seconds.

Andrew's time was 76 minutes 44 seconds. Ross and Ian did it in 71 minutes!!